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WARTBURG TRUMPET

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Security sees increase in car troubles

MARK NALEFSKI *STAFF WRITER*
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Students may find themselves in need of assistance with winter conditions.

Cold weather can cause cars to simply not work, with their engines acting up, and gas tanks freezing.

Wartburg Security can be a help to students who have problems due to cold weather.

Security can escort students from their cars if they feel unsafe, and they can also help with some winter weather problems.

If a car needs a jump-start, students on campus can call security and they will jump the car.

Director of Campus and Security John Myers said the number of jump-starts and escorts has been very high his year.

Last month there were 44 escorts from security and 46 cars that were jumped.

This was up from December, when there were 17 escorts and eight jump-starts by security.

Escorts are when a student calls security for a ride when they do not feel safe to walk.

"The cold weather definitely has an effect on these numbers," Myers said. We see more and more people needing help when the temperature gets really low," Myers said.

Snow and ice removal is handled by campus maintenance, and security only salts areas that need immediate attention, Myers said.

When there is a slippery spot, security usually calls maintenance to have them handle it.

Security does not dig out every car that is stuck in parking lots on campus. Bryce Retzloff said his car was stuck in D-Lot and called security to help.

"My car wouldn't go anywhere. I called security but they didn't send anybody to me, they just talked me through it on the phone," Retzloff said.

Myers said security does not have enough people to dig every single car out, and most of the time people can be talked through what the problem is over the phone.

"We have three or four shovels we can loan to students to dig themselves out if they need to.

"Some people just don't know how to deal with snow, so that's why we try and talk them through it," Myers said.

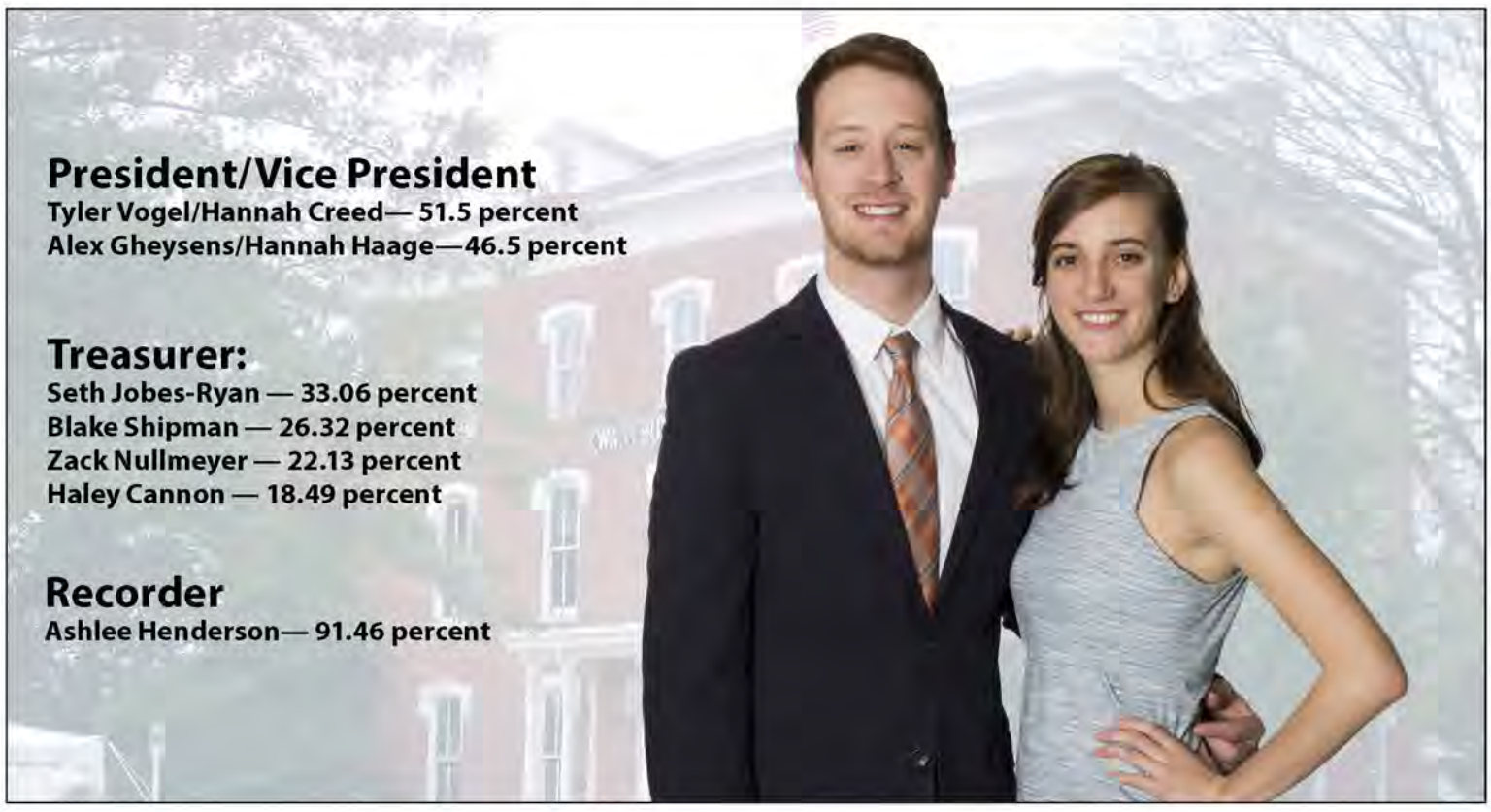
Myers said there are a couple simple things students can do to avoid car trouble in the winter.

One of his tips is to avoid parking a car facing north.

"Snow can blow in the grill when it's facing that way, and that'll mess up the engine," Myers said.

Rushing to get somewhere can be dangerous as well. Myers said

▸ **Security assists with snow p. 3**



Tyler Vogel and Hannah Creed win Wartburg's student body presidential election with 51.5 percent of the vote. — **Submitted photo**

Vogel and Creed win election

ELIZABETH JEWITT *EDITOR-IN-CHEIF*
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Tyler Vogel and Hannah Creed won the student body race for president and vice president with 51.5 percent of the vote and 387 votes total.

About half of Wartburg students participated in the election.

A total of 751 votes were cast. Alex Gheysens and Hannah Haage received 46.5 percent of the vote and 349 votes total.

Totals do not add up to 100 percent due to small vote deductions from minor campaign rule violations.

There will be a runoff election for student body treasurer between candidates Seth Jobes with 33.06 percent and Blake Shipman with 26.32 percent of the vote, due to a less then 50 percent win margin.

Ashlee Henderson is the new student body recorder, running uncontested with 91.46 percent of the vote.

"Alex and Hannah Haage did an excellent job. The race was very clean and friendly. Molly and Sean did an excellent job organizing the entire campaign. It also was really nice to see how passionate all the candidates were in the debate and campaigning,

"Hannah and I look forward to working with Ashlee and wish Blake and Seth the best of luck during run-off campaigning," Vogel said.

The candidates each received a call from the current student body president and vice president around 12:30 a.m. Saturday once the votes were counted.

"I was definitely excited. I don't think it really hit me until a few minutes after I found out. It felt like 20 pounds were just lifted off my shoulders," Creed said.

"Although it was stressful, the campaign process was really fun and exciting. It was cool to see how Tyler and my ideas grew as we got input from students. I can't wait to see what we accomplish next year!"

Vogel and Creed have four main goals they want to accomplish during their presidency next year: awareness of resources and information around campus, transparency, collaboration and engagement.

"So first, we hope to find ways to open more spaces around the academic areas of campus for longer hours and do space assessments around campus to be sure that we're meeting the needs of the students," Creed said.

"We want to work with collaboration between students, Senate and administration. We set up a 'train' of collaboration: First between students and senate by increasing and enhancing forms of communication. Second, between senate and the student body executive team. Third, between the executive team and administrators. We plan to give senators the chance to meet with department heads, staff and other workers around campus so they can become a 'liaison' between those positions and the student body.

"We also hope to work more with administration so we have less issues with transparency," Creed added.

The two said their goals for senate will be accomplished if they have a stronger voice and make everyone aware of what is happening. That starts with the best communication and collaboration.

"For engagement, we hope to collaborate with many people around campus to create an App. Along with the success of the other apps Wartburg has, we hope we could create something that has all of the events happening on campus that day," Creed said.

Maintenance and dining student wage increases

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Over 300 Wartburg College students working in Dining Services and Operations and Maintenance will be receiving a pay raise. However those working in office jobs in those departments will not get a raise.

The students in these departments will begin their pay at $7.50, which is 25 cents more than other areas of work on campus.

In addition, workers qualify to receive a ten cents per hour increase for every 200 hours they have worked already.

The new pay rates will begin with the Feb. 1 pay period (paid on March 15), based on the hours students have worked through Jan. 31.

There are 234 students working in dining and 102 in operations and maintenance.

The pay was increased mainly due to the difficulty in attracting and retaining student workers in these departments, Rich Seggerman, vice president for administration, said.

The Student Employment Advisory Group (SEAG) meets to review policies and procedures for the student employment program, he said.

He said the Dining Services and Operations and Maintenance leadership team made a proposal that was endorsed by SEAG and was then supported by the President's

▸ **Student wage increases p. 3**

Morgan Kramer is among the dining service and maintenance student workers who will get a 25 cent increase in their hourly pay. The change became effective this month. —**Lucas Wendland**/*TRUMPET*

Thefts down, bigger items stolen

TAYLOR VOS *ASSISTANT NEWS EDITOR*
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Reported thefts across Wartburg have gone down in the past few years.

However, there have been many large objects stolen on the campus recently.

Recently an orange beanbag chair was taken from the library. There is a picture of the theft on Yik-Yak.

"The reason I think this instance is so brought up is because the photo is so funny," said Curtis Brundy.

"It looks like a security camera photo with the graininess and it's just a photo of three people carrying a neon orange bean bag through a blizzard," he added.

Since then, the original orange beanbag has been returned, but two more beanbags have been stolen, Brundy said.

The library is now missing an orange beanbag as well as a brown one.

A coffee table from Cardinal Commons has also been taken.

John Myers, director of security, has a theory as to why the big items have been disappearing.

"These are crimes of challenge," Myers said.

"Students want to see if they can get away with taking these bigger items."

Myers said that while thefts across campus have gone down, people have to realize that there are less people on campus as well.

He said that with less people that means there might be less things worth stealing.

"Most of the thefts on campus are thefts of convenience,

"People rarely break into the buildings. But if someone sees a dorm room unlocked or bags left around, that's when we tend to see the thefts," Myers said.

Myers also said the school is working on adding security cameras around campus.

He said that their main priorities are in "The W" and in residence hall common areas.

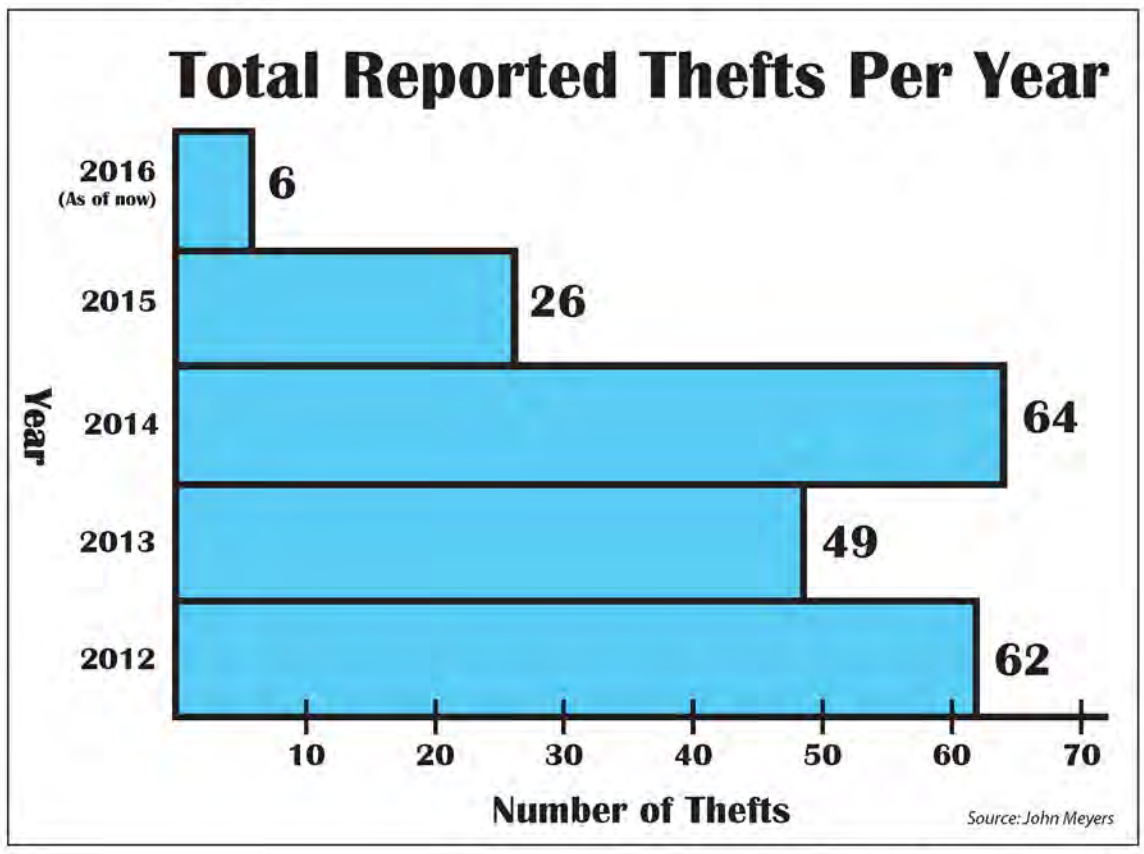
Myers also said security is getting increased reports from social media.

Marketing and Communication monitors the social media and reports to security on posts of thefts.

"If we see a trend in where thefts are and what people are stealing we will start stressing it," Myers said.

"If there is a trend of reports, we can start investigating. For example, if there is just one report of theft on Hebron three, there isn't much we can do. If there are multiple reports we can start investigating.

"We really stress leaving your dorm room locked and keeping your valuables hidden or with you," Myers said.



Michelle Johnson/*TRUMPET*

Brundy noted that the beanbags were a joint project between the library and Student Senate.

They each provided half of the funding when they bought the items.

However, the library does not have the money to replace the missing beanbags on their own.

They try to make sure every item they purchase are kept safe and are never taken. However, they understand that things happen and sometimes objects go missing.

Brundy said, "The library does a good job of keeping the most valuable things behind the info desk.

"We count our beanbags often just to make sure none go missing," Brundy said.

He said one that went missing last semester showed back up at the end of the semester.

He said that if you have the bean bag to bring it back. They will not press any charges.

Wartburg students work on their taxes during a tax workshop. —**Lucas Wendland**/*TRUMPET*

Students receive tax help

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The international student office offers services to international students who do not know how to file their own taxes.

"This is an area of a lot of disagreement between colleges and universities with the role of the international student office in relating to completing taxes," Helen Leong, director of International Student Services, said.

Wartburg used to have Volunteer Income Tax Assistance (VITA) services that were a free program the IRS ran for students.

Leong said students could take a training with the IRS and help others with taxes though VITA, but it is in Waterloo.

The international student office bought an online subscription that is something like Turbo Tax, but for international students.

"Not only are they young and this is the first time they have been presented with a tax system, but this is one of the reasons we offer help," Leong said.

There are group workshops where students can use the online services.

It is eight dollars per person and the students are given an envelope to mail their taxes afterwards.

If international students do not want to get help, they complete their own taxes.

Students who chose this option should be aware of phone scams.

"Most of them are victims of receiving phone calls from somebody who is claiming to be the representative of the IRS demanding money," Jason Leonard, of the Waverly Police Department, said.

Waverly has had eight to 10 phone calls within the past month from these people, he said.

"One approach is spreading the word and being preventative, that is the best approach.

"Most people will fall victim to the scam itself and send money," Leonard said.

Knowing what the IRS asks for is very important when students want to do their taxes by themselves.

"Knowledge is power and by knowing that the IRS does not operate in that manner is the best way to prevent these things from happening.

"The IRS does not demand money without sending a bill first nor do they ask for your personal information because they are the government and know people have rights," Leonard said.

Possible loan scam

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An article published by Smart Savvy Shopper with the headline "Graduates from Wartburg College are qualifying for Student Loan Forgiveness" is appealing to recent graduates and soon-to-be graduates, but experts are warning students not to trust it.

"I would suggest that all loan forgiveness be worked out through the federal processors."
—Jen Sassman

A representative of the Better Business Bureau (BBB) said they had no current information on the website or the company Student Defender which was promoted throughout the article. BBB said it seems like a scam.

Director of Financial Aid Jen Sassman said students should be careful who they go through to consolidate their loans.

"I would suggest that all loan forgiveness be worked out through the federal processors.

"There are a lot of third party vendors who are cashing in on helping students get their loans forgiven, but at the cost of the student.

"It is free through the federal government," Sassman said.

Multiple Wartburg students shared it on their Facebook pages which received comments from family members to look into the company and to receive loan forgiveness.

Experts are advising students and families to stay alert and make sure they know what they are getting themselves into before they lose more money than they were expecting to pay on loans.

CORRECTIONS: In Volume 110, Number 14 of the Trumpet, there were three errors.

In the article headlined "Cannon gets 1,000 points" it was incorrectly stated that the men's basketball team won 93-70. The results should have been the men lost in overtime 77-68.

In the article headlined "Wartburg grapples in 'Battle of the Burgs," it was incorrectly stated that Eric DeVos got his fourth-fastest pin of the season. This should have said his fourth fall and fastest of the season.

In the article headlined "Wartburg grapples in 'Battle of the Burgs," it should have said it was Wartburg's 24th consecutive title in the program, not their 25th.

The Trumpet regrets these errors.

New CDC report receives backlash

CDC suggests controversial new way to prevent fetal alcohol syndrome

ELIZABETH JEWITT *EDITOR IN CHIEF*
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Wartburg student Madelyn Carlson agrees with the CDC's recent report on alcohol during pregnancy, but believes that women should have control over their own bodies.

According to the CDC report, "An estimated 3.3 million women between the ages of 15 and 44 years are at risk of exposing their developing baby to alcohol because they are drinking, sexually active, and not using birth control to prevent pregnancy."

While it is relatively well known that pregnant women should not consume alcohol, the report asks healthcare providers to "advise women not to drink at all if there is any chance they could be pregnant."

The CDC's statement has struck a chord with many women arguing that the report is "policing women's bodies."

"I think for women who aren't on birth control, they shouldn't be pressured into not drinking, that's just unrealistic, especially for people our age." Carlson said.

LaDawna Myrmo, Midwife at the Waverly Health Center's Women's Clinic said that the purpose of the report was to raise awareness about fetal alcohol syndrome rather than stifle a woman's control over her body.

"We've been telling women this for as long as I can remember. If there is a potential that you can get pregnant, drinking in the early stages can severely affect fetal development and fetal growth," Myrmo said.

"I may not be a scientist who fully understands the effects of alcohol on a fetus, but I do agree that it's smart to not drink if you're sexually active without birth control."

—Elizabeth Lockard

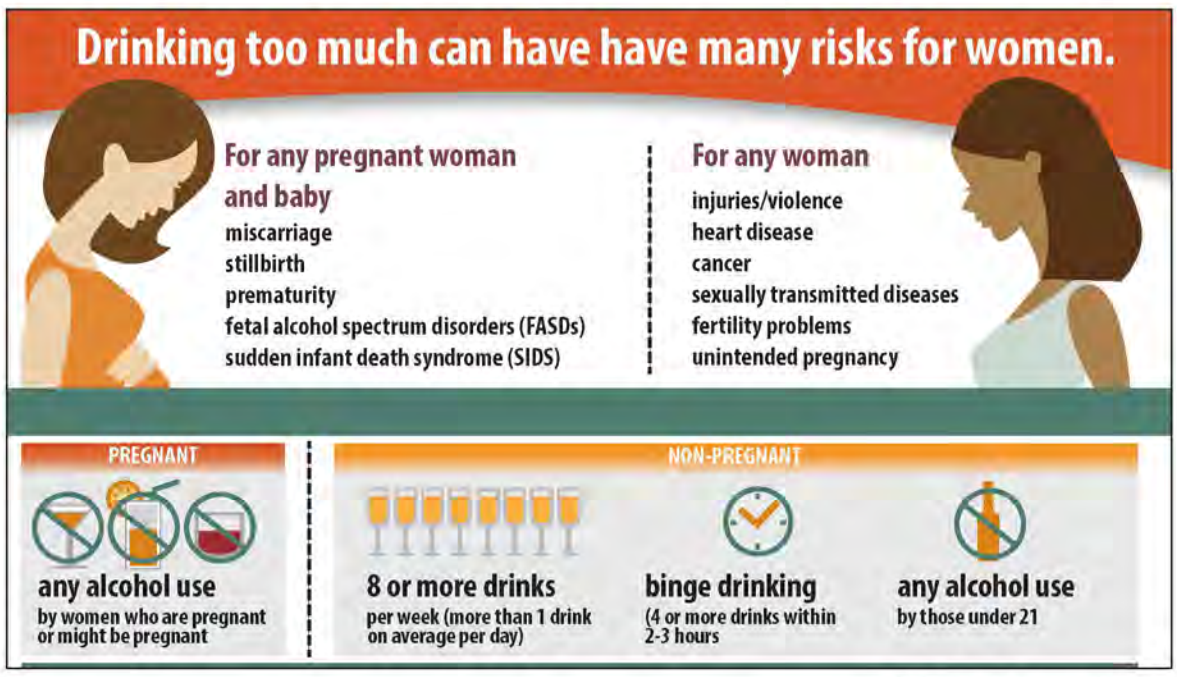
"I think from a medical standpoint when we look at this type of article, and I certainly see where some may misconstrue it for trying to constrain activities.

"We're all going along the same lines of trying to stop these preventable defects in infants, so it all circles back around to general recommendations for safety."

Elizabeth Lockard, a college student, said she understands why the report may have rubbed people the wrong way, but people are taking the statements too personally.

"I may not be a scientist who fully understands the effects of alcohol on a fetus, but I do agree that it's smart to not drink if you're sexually active without birth control," Lockard said.

"I do understand the push back the CDC is getting because of the way they presented the information but I didn't read it as a jab at women's ability to make good decisions involving sex and alcohol, just facts."



Michelle Johnson/*TRUMPET*

Check out the full story at www.wartburgcircuit.org

Saying Goodbye to: Dr. Dani Thomas

Schools taught at	Wartburg College - 39 years Valparaiso University - 2 years
Favorite memories	Teaching both inside and out of political science, particularly in the old Chrysalis Program upon first arriving here, and taking groups of students to Washington, D.C. for May Term.
Biggest change seen during time here	New buildings on campus, the transformation from a pre-digital to a digital environment and a more diverse student body.
Largest Accomplishment	Besides surviving 39 Iowa winters as a native Californian – it'd probably be that I've taught more than 25 different courses, many of these outside political science in essential education, but I've taught just about every course in the political science major.

Saying Goodbye is a new series that will focus on the many faculty who are retiring at the end of this year. This week we are featuring Dr. Dani Thomas, who taught and advised political science majors. Kristina Aleksander, a political science and communication arts major, said, "The political science department will never be the same without him." **Michelle Johnson**/*TRUMPET*

Student wage increases

Cont. from pg. 1

Cabinet.

They hope that it will give incentive for students to work in the different areas.

For one dining student worker, Emily Christiansen, she is still skeptical about if this change will help the departments gain workers.

She does think that it might help people who already work for the different areas.

"The pay increase is going to hopefully be a positive incentive for the work we do to best serve our customers," Christiansen said.

Seggerman said that the new pay increases are not receiving any extra funds from the student wage budget dollars.

"This is a new program so we are asking for patience from the student workers in these areas.

"We will evaluate if this change is having the desired impact and we will make changes to the program in the future as deemed prudent," Seggerman said.

Students interested in working in Dining Services or Maintenance and Operations can apply through Knight-Link.

Snow not only causes hazardous road conditions, but it also can cause mechanical problems. To prevent hurting your engine, John Myers suggests warming up your car before you leave and keeping a half a tank of gas during the winter .— **Lucas Wendland**/*TRUMPET*

Security assists with snow

Cont. from pg. 1

wait for a car to warm up before trying to drive. Also, keeping half a tank of gas in cold weather can help avoid additional problems.

"Security's main job is to keep the students safe. When there is a safety issue, we'll be there for them," Myers said.

Realizing God's mission for me

NOAH DIRYER STAFF WRITER
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A few years ago, my older brother was transitioning from one college to another, and he was in a really rough spot.

He was changing, his life was changing and his circumstances were changing.

I was in high school, and one day I decided to ask him how he got through all the change.

He quoted Proverbs 3:6 to me. "In all your ways acknowledge him, and he will make straight your paths." I vaguely remembered it, but he used it in a new way.

"I figure, the more faithful I am in the little things, the more able I will be to being led by God," he said.

In other words, if you pay attention to each step, you're likely to end up in the right place.

As I started thinking about what I wanted to do at Wartburg, another saying by Frederick Buechner struck me.

"Vocation is where your deep gladness meets the world's greatest needs."

These two sayings deeply shaped how I went about picking majors.

As I started exploring my future, I decided I wanted to be faithful by using what I loved to help people, but the problem was that I felt I needed to find the perfect vocation.

I started as a double major in religion and music.

I was loving my classes, but quickly realized that I didn't like feeling pressure associated with my music, to me it was just supposed to be cathartic, so I looked at what else I was good at.

I wasn't sure how I would apply a religion major. I didn't really want to be a pastor, and maybe something else I loved could help people.

I kept the religion major, because I enjoyed the classes but I was constantly worried about what I wanted to do with my life.

I felt I couldn't find the right fit.

It was then that I started to believe, as I do now, that God may not have a plan for my life.

I've grown to believe that there may not be a plan, but that there is a mission.

That mission is using what you love to help and serve others and there are many ways to get there.

My job isn't that vocation, that mission is my vocation in any form it takes.

I tried to apply what I loved to helping people as an expression of my faith. I found I enjoyed thinking about faith and writing about it, so I am a double major in religion and English now.

I find that when I let go of my worries, I am much more open to how God may want me to live out my vocation right now.

I don't think God has one plan for my life, but I do believe God desires for me to use what I love to be there for others, however that may be.

As I've let go of that desire for control, I've found great freedom. I've grown more content to take life one step at a time.

Maybe as I seek to acknowledge God by loving others with what I do, the paths will straighten out.

Student Spotlight

Angela Zook

Fourth-year psychology major and leadership minor from Mason City, Iowa.

Campus involvement includes: Wartburg Symphonic Band, Service Trips, Catholic Knights

Song to Sing in the Shower:
"Shut Up and Dance."

Superhero Power:
Time travel.

Role Model:
Jesus is my homeboy.

Interesting Hobby:
10-pound rubber ball.

Spirit Animal:
Chandler from "Friends."

Shoe Size:
Either 10 or 11.

Coke or Pepsi:
Coke.

Favorite Candy:
Starbursts.

Favorite Class:
Symphonic Band.

Cats or Dogs:
I'm a cat-holic.

Burg Blurbs

Be the person your grandma thinks you are #possibly

I'm going to start a chicken farm in my room using hard boiled eggs from the Mensa

I would personally like to thank Nestle for the great smells #WartburgPerks

I just want absolutely all the bacon #yum

When you can barely find time to go to the bathroom

Burg Blurbs are compiled from Twitter, Facebook and Yik Yak.

Networking is key

MAYA WEATHERALL NIGHTLIFE EDITOR
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Maya Weatherall with Presiden Darrel Colson and his wife, Christy Colson earlier this year. — Submitted photo

Until I came to college, I didn't really think I was a "people" person. I knew everyone in high school both in Virginia and Chicago, but that idea of a "people" person never crossed my mind.

In elementary school, I always sought attention from others by asking if they would be my friend.

Sadly not many people liked me so when I moved to a different school I was able to start fresh.

In McNair Elementary I met Emily Willett, my best friend of ten years and I had an awesome time getting to know everyone in sixth grade.

Middle school was the same experience, but high school was a whole new ball park because now I really had to start over.

I never exactly disliked change, but I didn't like being in a place where I didn't know the people around me.

Really knowing everyone helped me at the end of my senior year in high school.

Our senior fees were due by May and I did not have any money to put towards my fee, and at the time my mom did not have the finances to help pay.

While building relationships with all my teachers, even ones I didn't have, they helped pay for my prom, luncheon and fees for the rest of the year.

I was very thankful, but I realized if I had not taken the time to sit in their classroom or just say hello, I would not have been able to get my diploma.

So when I came to Wartburg, I realized I was a personable individual who liked getting to know everyone around me, both faculty and staff.

Though I feared making friends because I was meeting people from outside the country and coming from pretty much everywhere in the United States, I didn't know what lay ahead.

Saying hi to someone carries a long way and sitting with someone really opened up doors.

I liked going to advisors that were not my own and getting to know them.

So sometime my freshman year, I decided I would meet a new person every day.

Some of you may think I have not achieved that, but every day I either compliment someone's clothing or just say hello.

From there, introductions happen and a small bonds form. Most of my friends tell me I know everyone, but that isn't true.

I'm sure the person reading this doesn't know me unless they specifically told me.

Building relationships is highly important.

It could be a faculty member or the president who can write you a letter of recommendation for an internship or job.

Or a student who feels lonely may need that one person to change their life and brighten their day.

I have had plenty of those, and they are all humbling experiences because I hunger to meet more people.

My next goal will be to develop friends from different countries because I love diversity and learning about different cultures.

You can ask my friends, I do not sit down until I say hi to everyone in the Mensa.

In the end make it a goal to get to know a person, you'll never know who you may meet.

TRUMPET

PRODUCED WEEKLY BY STUDENTS AT WARTBURG COLLEGE, 100 WARTBURG BLVD. WAVERLY, IOWA 50677

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Letters to the editor are subject to editing without changing the meaning of the letter. Authors will not be notified of changes prior to publishing. Letters must be signed, fewer than 300 words, submitted by 9 p.m. Thursday and related to current issues in the Wartburg community. Letters may be sent to the journalism and communication office or emailed to elizabeth.jones@wartburg.edu. Please type "Letter to the Editor" as the subject line. Publication is at the discretion of the editor.

Valentine's Day Relationship Reality

Knowing signs of healthy and unhealthy relationships

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Wartburg students and faculty, along with many others all over the world, spent yesterday exchanging cards, candy, gifts or flowers with their special "valentine."

Even around such a romantic holiday, it is important for students to remember that not all relationships are built on love.

"It's hard for some people to notice the warning signs of an abusive relationship because they don't know the difference between a healthy and unhealthy relationship," Ariel Ford Loosier, president of Sexual Misconduct and Assault Resource Team (SMART), said.

Ford Loosier said some of the most common signs to look for are constant put-downs, explosive temper, erratic mood swings and possessiveness. The abused individual will start to withdraw from family and friends, physical marks may be seen on the individual and he or she may constantly blames themselves for why their significant other acts the way they do.

According to the National Hotline for Domestic Abuse, one in four women and one in seven men aged 18 and older in the United States have been the victim of severe physical violence by an intimate partner in their lifetime.

"Friends will come in here and say they're worried because they think their friend is in an abusive relationship.

"I think it's important for people to be aware of it so that they can potentially help to intervene or at least provide supports," Stephanie Newsom, director of counseling, said.

Ford Loosier and Newsom touched said there is a common misconception that only females are abused in relationships.

"This misconception is simply not true. We know that males can be abused, in fact it's even harder for them to reach out because of all the gender stereotypes," Newsom said.

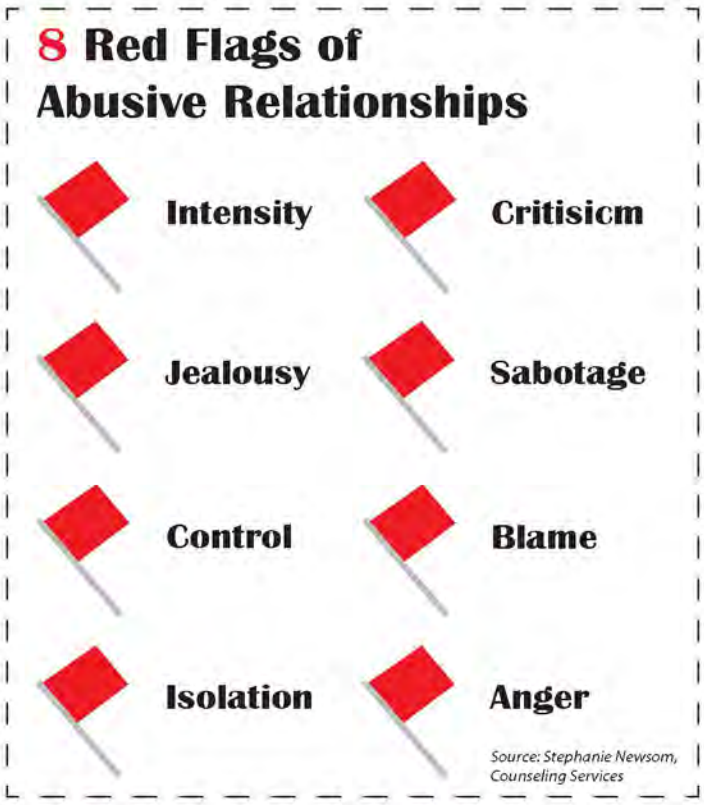
They're embarrassed because society has told them, as men, they should be able to protect themselves."

According to the National Coalition Against Domestic Violence, one in seven men have been victims of severe physical violence by a significant other.

"The idea that only women are victims of abusive relationships is a myth. Men can experience abuse in relationships as well," Ford Looiser said.

"Statistics should say that closer to one in four men have been victims of physical violence in their lifetimes.

"According to anonymous surveys, this statistic is accurate. However, because male victims do not always report their abuse, national statistics are inaccurate for the results," she said.



Michelle Johnson

Students from around the world

Culture Week returns after a one year hiatus

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This year's culture show will take place March 19 at 8 p.m. in Neumann Auditorium.

This annual event celebrates the diversity of Wartburg's campus. It includes acts such as dancing, singing, skits and a fashion show.

Culture Week has the ability to spark conversation on international issues such as The Islamic State, Black Lives Matter and many others need attention.

Culture Week encourages students to join different cultures, even if it is only for a dance, song or short activity.

Last year, because of tension between the college and many of the international students, the Culture Show didn't take place.

Not having the culture show was a type of protest because of the revenue it creates for the college.

"The international students are a family, we help each other out," Elizaveta Chudaykina said.

The Culture Show will represent 12-15 countries with a group representing each region.

The acts will represent a culture by having a diverse group of students perform.

"It would've been easier to get more participants, if they would've known about the auditions sooner," Molly Astarita said.

Thirteen people auditioned for the Culture Show with only ten making it into the show.

Without enough participants, some groups will have trouble performing, but with 11 acts the only worry is finding background dancers.

Culture Week brings awareness to different cutltures through dance, singings, skits, fashions shows and more. — File Photo/*TRUMPET*

Preparation for the show includes promotion around Waverly and tabling for campus promotion.

"We have been in touch with marketing to help promotion around Waverly," Alejandro Salazar said.

Salazar will meet with performers one-on-one to rehearse and make sure the performance for March 19 is one to remember.

Student admission is free, but there will be a charge for community members.

Groups are still looking for people to dance and participate. If interested in participating or for more information, email iclub@wartburg.edu.

The Culture Show will showcase a fashion show, dances, songs and skits from around the world. — File Photo/*TRUMPET*

Culture Week Schedule:

March 13
Coffee and Teas from Around the World
7 p.m. in Vogel Library

March 14
History of Foods
Dinner time in Mensa

March 15
Faculty Panel.
11:30-12:30 p.m., Ballrooms

March 16
Spanish film hosted by Spanish Club
7 p.m., Buckmaster

March 19
Culture Show
8 p.m., Neumann Auditorium

The Winter 2016 Career, Internship & Graduate School Fair

Tuesday, February 23rd
11:00 a.m. - 2:00 p.m.

The W (Hall of Champions)

For more information contact Jo Dorrance at jo.dorrance@wartburg.edu

The Career, Internship & Graduate School Fair is co-sponsored by the Center for Community Engagement and the Pathways Center

Wartburg student Jenny Kuennen works on her health and fitness on one of the treadmills in "The W." —**Lucas Wendland**/*TRUMPET*

2016 resolution update

MEG HARPER *ASST. KNIGHTLIFE EDITOR*
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Several Wartburg students and community members set goals for 2016. Many of the New Year's resolutions people made had something to do with fitness and health.

Sheila Kittleson, director of "The W," said check ins at "The W" were at 4,613 people the week of Jan. 4 through Jan. 10.

In the week of Feb. 1 through Feb. 7, numbers had decreased by nearly 1,000 to 3,648.

Kittleson said the decline included both community members and students.

From Jan. 4 through Jan. 10, 3,073 community members and 1,540 students checked in at "The W."

During the week of Feb. 1 through Feb. 7, the number of community members who checked in decreased to 2,545 and students to 1,103.

"My New Year's resolution was the saying 'give up, give in or give it all you got.' I use this saying not only when working out, but also in school and everyday life."

— Ashlyn Bagge

Kittleson had some advice for those having a difficult time sticking with their fitness routines.

"Be patient with yourself. If you are just starting to work out, it may take some time to see the results you are hoping for. If you are trying to exercise alone, it may be helpful to find a friend to work out with. Add variety to your workouts to avoid boredom.

"Set some short term goals which eventually help you achieve your long term goals. Be realistic with your workouts. If you only have time for a 15-minute workout, know that 15-minutes is better than nothing," Kittleson said.

Ashlyn Bagge is one student who has stuck with her New Year's resolution.

"My New Year's resolution was the saying 'give up, give in or give it all you got.' I use this saying not only when working out, but also in school and everyday life," Bagge said.

Bagge is especially interested in working on her health and fitness.

"I joined this group of runners around the U.S. where each individual pledged to run 2,016 miles in 2016.

"You can have up to three or four people on a team, but I chose to do it individually. I get a medal if I complete it. There is a Facebook page and an online account with injury tips and healthy recipes to help us as we go," Bagge said.

Kittleson had a New Year's resolution as well.

"In order to help motivate me to keep running during the winter months, I signed up for a challenge called 'You vs Year 1000KM in 2016.'

"Although I've missed a couple runs, I am still on track to achieve the goal by the end of the year," Kittleson said.

Starting a new workout routine can be daunting at times, especially when it takes a while for beginners to see results.

Kittleson said it is especially difficult for people with fitness goals to be patient, but it is important for them to keep pushing themselves to meet their goals.

"Every workout counts. No matter how slow you go, you're still lapping everyone on the couch," Kittleson said.

Faith identity at Wartburg

TAYLOR VOS *STAFF WRITER*
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Wartburg has approved funding for a new faith-based project, led by Rev. Brian Beckstrom, to see what it means to be a college of the church.

Known currently as the Faith Identity Project, Beckstrom said that it is a response to society moving away from faith and spirituality.

"We're at an interesting time," Beckstrom said. "People are moving away from the institution of church. This project is to look at what it means to be a college of the church and what God is doing through these changes."

This project will include many faculty, staff and students working together to find a definition of a Lutheran education for Wartburg.

Beckstrom explained that Wartburg is between a secular school and a very religious school.

Wartburg does not make students sign a statement of belief to the Lutheran ideals like some religious colleges, however Wartburg does require students to take religion classes, whereas secular colleges rarely talk about religion.

"Faith is also evolving. It is becoming more pluralistic. Wartburg's demographics are changing and we can't just assume that everyone has a common understanding of faith," Beckstrom said.

With society moving away from the church, some alumni have ill feelings about Wartburg because they think Wartburg is also moving away from religion.

Graham Garner, vice president of marketing and communications, said their department brings attention to and bases what they do around the pillars of the college.

"Wartburg started as a school to train preachers and teachers," Garner said. "We're still doing that today."

Garner said sometimes alumni who are upset with the ELCA will also become upset with Wartburg.

"As the world changes, many people are worried that by learning about other faiths they will lose their own."

— Rev. Brian Beckstrom

Garner said many of Wartburg's missions and goals stem from Christian ideas.

"The idea of finding your calling, finding what you can do to serve the world is a very Lutheran, very Christian idea," Garner said.

Beckstrom hopes the finished product of the Faith Identity Project will be a theological statement saying who Wartburg is.

He said with an increasing number of faiths across campus, it is important for people to know they can learn about other faiths while staying grounded in their own beliefs.

"As the world changes, many people are worried that by learning about other faiths they will lose their own," Beckstrom said.

"We started interfaith chapel as a way for those interested to learn about other faiths in a Lutheran format. We invite people who practice to come teach about what they believe."

However, Beckstrom did say the feel of campus is evolving. He said instead of trying to get people to chapel, you need to go out and connect with them.

Chapel has done more online streaming as a part of that shift, but he said worship is not the best place to connect with students.

"I have started having my office hours in the K-dit as a part of the shift. I've had some of the most interesting conversations with people that you would never see in Chapel."

From left: Rev. Pastor Ramona, Adrianna Gonzalez and Miranda Fober. —**Lucas Wendland**/*TRUMPET*

Battleship event at 'The W'

NOAH DWYER *STAFF WRITER*
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Battleship will take place on Sunday, Feb. 21 in the Schultz Natatorium. This event will feature students going head-to-head in boats in the pool for some fun and competition.

Eric Knoblock, associate director of "The W," is organizing the event.

"I saw the event while doing some research. We thought it looked like fun," Knoblock said.

The event started three years ago and went well, but over the last two years student interest in Battleship has declined.

This year however, the games are back in action with enough people signed up already to make sure the events take place.

"This is just one of those events that requires no skill and is just for fun.

"The goal is to flood your competitor's boat and sink them before you do, so you have to plan together to figure out who is bailing and who is throwing water. There are no paddles, the only way to move the boat is with your hands," Knoblock said.

With boats, water and competition involved, steps are being taken to make sure it is the most fun possible and very safe.

Derica Jakoubek, an Intramural supervisor working with Knoblock, will be there helping things run smoothly.

"I will be in the water making sure that everyone is following the rules," Jakoubek said.

"There is no contact with other boats or participants, otherwise you are disqualified and will have an Intramural staff dump your boat.

"The staff love this part," Knoblock said.

"We have 32 spots available to make four teams. The rounds go pretty fast so being able to have lots of people makes it more fun," Jakoubek said.

"Hopefully within the next week we will be able to have more students sign up to have a larger event."

Battleship

When: Sunday, Feb. 21

Where: The Schultz Natatorium in "The W"

What: Go head-to-head against other students in real-life Battleship.

Baseball, softball set goals for this season

ERICA DYNES *ASST. SPORTS EDITOR*
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Baseball and softball season are just around the corner with the first tournament at the end of February.

The baseball team is coming off a successful season from last year.

The Knights finished the 2015 season 33-14 overall which included a conference and regional title and a bid to the national tournament.

Currently, the baseball team is ranked 20th in the nation according to d3baseball.com.

Head baseball coach Joel Holst said that this is a positive thing for the team.

"It's an expectations and a tradition," Holst said. "We'd rather have a bull's eye on our chest."

Some of the goals for the baseball team include winning a conference and national championship.

But the goals also far exceed winning titles.

Holst said other goals include team academic goals and creating a team championship environment.

This is based on team chemistry and the individual goals of the athletes, he said.

"The environment is so important to allow us to get to a championship level performance," Holst said.

Ryan Kemp said his individual goals are similar to the team goals.

"The ultimate goal is to win a national championship," Kemp said. "Hopefully, I can do anything I can to help the team get to that."

The softball team also has the same theory going into this season.

Besides the team goals of winning the conference tournament, first year head softball coach Jamie Mueller said a strong, hard-working, family culture is an essential part of a successful softball program.

The softball team is coming off of their most successful season since 2009 finishing the season 22-17 with a 13 game win streak.

Mueller said that instead of focusing on the past, they are working hard to achieve their own goals for the season.

"Right now it's important for this team to focus on the present. One day, one practice, one drill at a time. Each day we talk about focusing on the process instead of the outcome," Mueller said.

Kennedy Haut said one of her goals is to "fix her swing" and get some playing time.

She's also looking forward to building lasting relationships with her teammates and coaches.

"I'm excited to get to know all the new freshmen and to build a relationship with our coach," Haut said.

Both teams will travel to Florida to play a week long tournament during winter break.

Holst said the tournament is "less about winning and losing" and more about the team coming together for the first game of the year.

Mueller also emphasized the importance of the team bonding together throughout that time period.

"Spring break is a great opportunity for team bonding and building a stronger culture," Mueller said. "We will be excited to put into action everything we have been working on in practice."

Mike Brown practices his throw at practice. — **Erica Dynes**/*TRUMPET*

The first home game for the baseball team will be on Monday, March 12 against St. Olaf.

The softball teams first home game will be Saturday, April 2nd against University of Wisconsion-Platteville.

Head wrestling coach Eric Keller (far right) does different things to balance time between family and wrestling. One of his tricks is trying not to use his phone when he's at home. — **Submitted photo**

Coaches strive to put family first

Coaches share how they balance their time with practice and family

KAITYLN WILLIAMS *OP/ED EDITOR*
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Between recruiting and practices, being a college coach takes a lot of time and it takes a toll on the family members as well, particularly when the season is in session.

Head wrestling coach Eric Keller and assistant women's basketball coach Kelley Jacobs have tried creating ways to balance both their time spent with their respective teams and at home with their families.

"The key to managing time is having an understanding wife," Keller said.

Keller said that during a season, 99 percent of the parenting responsibility for their three children falls on his wife, but he also has a few tricks up his sleeve.

"Make sure you have intentional time. Wednesday night, I went on a date with my youngest," Keller said.

He also said he makes sure to try to not use his phone while he's at home.

Assistant basketball coach, Kelley Jacobs has an even more unique situation as her husband is the UNI head softball coach.

"We do not have a typical 9-5 work schedule. However, we can bring our kids to practices or on road trips, where a typical office job cannot," Jacobs said.

Keller said there is more time for family in the off season, but time management, staying organized and staying on top of things are still important.

"The off-season is a lot different. I have extra time, but I'm still busy," Keller explains.

Keller said his kids already feel like Wartburg is their second home.

"They sometimes come from school to here and attend practice," Keller explained.

"We love that our kids are exposed to strong, goal oriented females that learn how to work together and make sacrifices to be part of a team," Jacobs said.

"I feel blessed to see my guys do something they love and grow into it. Parenting is the same and I'm fortunate to do it," Keller said.

For the full story go to www.wartburgcircuit.org.

Unified Sports Day

RILEY COLE *SPORTS EDITOR*
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For several Wartburg students, Unified Sports Day was truly special.

Wartburg College hosted the event in the Hoover Fieldhouse on Feb. 13.

"It's a day in which athletes and other people around the Wartburg community come through and help people around the Cedar Valley area," Parker Hammel said.

"We all come together and just have a day of fun."

According to the Special Olympics Iowa's website, the goal of Unified Sports Day is give people with intellectual disabilities a chance to interact with those without disabilities for a day of sports.

Teams are formed at the event, based on one's age and ability. The teams and athletes are then paired up with partners, which the Wartburg community stepped up and helped with.

Hammel, one of the team leaders, chose to be a leader in Unified Sports Day for a personal reason.

"I have a cousin back home who has a mental disability," Hammel said.

"I remember at family get-togethers, how much he would want to throw a ball around.

He has been blessed with that, so I figured that this is the same kind of thing here."

For Jocelyn Keller, the event means interacting with people that she might not have otherwise.

However, due to the women's basketball schedule, Keller was unable to participate in this year's event.

"It means bringing people together, that we normally wouldn't be able to share time together with."

The benefits of Unified Sports Day are new friendships, improved self-esteem and positive changes in attitude, behavior and performance, from the Special Olympics Iowa website.

The program also creates a lasting impact on all of the participants and is a great addition to formal and life education, according to the website.

"We all come together and just have a day of fun."
—Parker Hammel

Being on the football team, Hammel experienced a team atmosphere.

However, being involved with Unified Sports Day has had a unique impact on his athletic career.

"It humbles you," Hammel said. "The athletes who come here didn't ask to be the way they are.

"We are given an opportunity to give back, because we have been blessed to have our mind and bodies the way they are."

Hammel encourages people to sign up for next year's event, because "the more, the merrier."

"Keller says that if someone chooses to participate in the event, they will not regret it.

"I think everyone should do it, at least once," Keller said.

"The people who do participate are just so thankful for you, and it is just something small that you can give back to the community."

Wrestlers score 24 titles

Top-ranked Wartburg secures 24th-consecutive IIAC championship

Wartburg's Ben Nagle grapples Loras' Dillion Wagner in the 285-pound bout. During his Senior Night match, Nagle prevailed by getting a pin in 4:54. Following his match, Wartburg received the trophy for their 24th-consecutive Iowa Conference title. —**Erica Dynes**/*TRUMPET*

ERICA DYNES *ASST. SPORTS EDITOR*
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Top-ranked Wartburg claimed their 24th-consecutive Iowa Conference Championship on Feb. 12 against the Loras Duhawks, winning 45-6.

It was also their 34th overall conference title.

"These guys are making history. It's a lot of hard work, it's not taking anything for granted and being ready to go every single time," Eric Keller, head wrestling coach, said.

The night began at 125 pounds.

Arnulfo Olea won by fall against Jake Lamantia, his third fall of the year.

At 133 pounds, Dusten Reed, making his varsity dual debut, lost by fall against Michael Triplett of Loras.

Kaz Onoo won by forfeit at 141 pounds, moving his win streak to 15 overall.

At 149 pounds, Mark Pinero won by fall against Colin Griffin for his 20th win of the season.

At 157 pounds, Drew Wagenhoffer won by fall at 4:50 against Jimmy Davis, also earning his third fall of the year.

Brandon Madsen won 18-2 by his second tech fall of the season against Mike Falco at 165 pounds.

At 174 pounds, Nick Fuller won 11-0 by major decision against Chris Malone he remains undefeated as he moved his win streak to 10 for the season.

Brit Bastow won 8-5 against Javier Soto in the 184-pound bout .

At 197 pounds, Gerard Roman won by a 10-4 decision against Malcolm Watson also making his 20th win of the season.

Ben Nagle won by fall at 4:54 against Dillon Wagner of Loras in the 285-pound bout.

Nagle said one of the things he's learned from wrestling is to embrace the hard work which is something he will take with him once he leaves Wartburg.

"If there's one thing you can control it's how hard you work," Nagle said.

With it also being Senior Night, Keller said great things about the senior class and how they've left their mark on Wartburg wrestling.

"Their credentials speak for themselves. It's pretty unbelievable what they've been able to do," Keller said. They've left their mark in Wartburg Wrestling and this program and they are helping set the stage for the future."

This marks the eighth undefeated season in program history and moved their winning streak to 188 consecutive wins against IIAC opponents.

Wartburg is now 19-0 overall, 7-0 IIAC.

The Knights ended their regular season with eight shutouts, one shy of the school record for a single season.

Keller said the team is going to use the IIAC Championship as momentum for the rest of the season.

"It's momentum moving forward, Keller said. "We got work to do and it's back to work on Monday."

Wartburg will not return to the wrestling mats for competition until the NCAA Central Regional on Feb. 28 at the Five Flags Center in Dubuque.

Those who qualify for nationals will wrestling March 12-13.

—**Michelle Johnson**/*TRUMPET*

WEEKLY SCHEDULE
Wednesday-Feb. 17
WBB vs. Dubuque, 6 p.m.
MBB vs. Dubuque, 8 p.m.
Saturday-Feb. 20
M TEN @ Coe, 9 a.m.
WBB vs. Luther, 2 p.m.
MBB vs. Luther, 4 p.m.
MTF @ Wartburg Invite*
WTF @ Wartburg Invite*
*at Hoover Fieldhouse

IIAC WBB STANDINGS		
Luther	18-5	10-2
Loras	15-8	8-4
Buena Vista	14-9	8-4
Wartburg	17-6	7-5
Simpson	14-9	7-5
Coe	13-10	4-8
Dubuque	8-15	3-9
Central	4-19	1-11

IIAC MBB STANDINGS		
Dubuque	17-6	10-2
Simpson	14-9	7-5
Loras	12-11	7-5
Central	15-8	6-6
Wartburg	13-10	6-6
Buena Vista	9-14	4-8
Coe	9-14	4-8
Luther	5-18	4-8

IIAC WRESTLING STANDINGS		
Wartburg	19-0	7-0
Luther	13-5	6-1
Coe	12-5	5-2
Central	9-3	4-3
Dubuque	13-10	3-4
Loras	2-13	2-5
Buena Vista	3-10	1-6
Simpson	2-11	0-7

IOWA CONFERENCE HONORS

Two Wartburg athletes received Iowa Conference honors in women's track and field and women's basketball.

Erica Dynes was named the Iowa Conference Female Athlete of the Week and track performer of the week.

Dynes won the 60 meter dash at the Wartburg Indoor Select on Feb.

Erica Dynes

Her 60 meter dash time of 7.77 ranks sixth in all of Division III.

The last time a Wartburg runner made the list was on Feb. 1, 2015.

Katie Sommer was named the women's basketball player of the week.

Over the course of last week, Sommer averaged 21 points, 5.5 rebounds and 4.5 assists per game, as the Knights swept Simpson and Coe on Feb. 3 and Feb. 6.

Katie Sommer

During the game against Coe, Sommer tied her career-high of 27 points, while shooting 8-10 from the field.

Her sister was the last Knight to receive the women's basketball player of the week honor.

For results from this weekend, go to www.wartburgcircuit.org.

Knights sweep in first home game since Jan. 30

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The Wartburg men's and women's basketball teams went 3-1 this week during their games on Feb. 10 and Feb. 13 respectively.

Wartburg swept the Loras Duhawks Feb. 10 in a double header at home.

Both games were thrillers with the women coming out on top 60-50 and men scraping by 73-70.

For the men, Jordan Cannon was the top scorer with 17 points followed by Nate Woeste with 13 and Cam Kickbush with 10 points each.

Loras went into halftime up 38-36 and kept it close the entire game.

The game was tied at 70 each with 41 seconds to play when the Knights were fouled. Lenart Kalen went to the line and made one of his two attempts to pull the Knights ahead. Loras turned the ball over with three seconds remaining, then fouled Cannon who made both of his shots to give the Knights the final win.

As for the women, Miranda Murphy scored 16 points and Aryn Jones ended with 10 rebounds.

The Knights were leading 23-21 at the half. The score was tied at 37 with 8:47 left to play.

From there, Megan Neuendorf made a three that the Duhawks answered with a layup to make it a one-point game. Neuendorf then made a 5-0 run.

The Knights won the game by making their fouls in the last few minutes of the game.

During the games on Feb. 13 against the Central Dutch, Wartburg went 1-1.

The women's team emerged victorious by a score of 70-53.

Wartburg completed a season sweep against the Dutch, with the win against Central.

Leading the team in points was Bobbie Burrows with 18. All of Burrows' points came from behind the arch.

Katie Sommer had 16 points, Kristie Sommer had 13 and Aryn Jones had 11.

The Knights had the advantage in field goal percentage with .390 to Central's .274.

The women's team has a season record of 17-6, with a 7-5 Iowa Conference record.

In the men's game, Central prevailed with a score of 101-75.

Cam Kickbush led the team in points with 14, one shy of his career high of 15.

The Dutch led Wartburg 43-31 at the half, but Central increased their lead during the second half.

While Central got the win, the Knights held two advantages over the Dutch.

Wartburg had a field goal percentage of .483, while the Dutch had .463. The Knights also had a three-point field percentage advantage of .500 to Central's .447.

The men's team has an overall record of 13-10 and 6-6 in the Iowa Conference.

Wartburg will have a two-game homestand this week, playing Dubuque on Feb. 17 and Luther on Feb. 20.

Kristie Sommer eyes the basket during the Feb. 10 game against Loras. Knights won, 60-50.
—**Lucas Wendland**/*TRUMPET*